

Healthy Recipes

Makes 4 servings
½ cup per serving

Fresh Salsa



Nutrition Information Per Serving

Calories: 34
Carbohydrate: 8 g
Protein: 1 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 156 mg
Dietary Fiber: 2 g

INGREDIENTS

2 tomatoes, chopped
½ onion, chopped
3 jalapeño chiles, finely chopped, seeded if desired
¼ cup chopped fresh cilantro
¼ teaspoon salt
Juice of 1 lime

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Healthy Recipes

Makes 4 servings
¾ cup per serving

Melon Cooler



Nutrition Information Per Serving

Calories: 28
Carbohydrate: 7 g
Protein: 1 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 8 mg
Dietary Fiber: 1 g

INGREDIENTS

2 cups melon, chopped
(cantaloupe, honeydew or watermelon)
2 cups cold water

PREPARATION

1. Place all ingredients in a blender container.
2. Blend until smooth. Serve.

SERVING SUGGESTIONS

Blend 10 ice cubes with melon and water mixture for a slushy Melon Cooler.

Healthy Recipes

Makes 4 servings
¾ cup per serving

Corn and Green Chili Salad



Nutrition Information Per Serving

Calories: 96
Carbohydrate: 20 g
Protein: 3 g
Total Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 117 mg
Dietary Fiber: 3 g

INGREDIENTS

2 cups frozen corn, thawed
1 (10-ounce) can diced tomatoes and green chilies
½ tablespoon vegetable oil
1 tablespoon lime juice
⅓ cup sliced green onions
2 tablespoons chopped, fresh cilantro

PREPARATION

Combine all ingredients in a medium bowl; mix well.

Healthy Recipes

Makes 4 servings
½ cup per serving

Fruit Salad

Nutrition Information Per Serving

Calories: 109
Carbohydrate: 28 g
Protein: 1 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 3 mg
Dietary Fiber: 2 g

INGREDIENTS

½ cup sliced banana
½ cup chopped apple
½ cup chopped papaya
½ cup grapes
½ cup orange juice

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.



Healthy Recipes

Makes 1 serving
1½ cups per serving

Tropical Smoothie

Nutrition Information Per Serving

Calories: 225
Carbohydrate: 42 g
Protein: 11 g
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 7 mg
Sodium: 157 mg
Dietary Fiber: 1 g

INGREDIENTS

½ cup 1% lowfat milk
½ cup nonfat plain yogurt
½ cup chopped mango or pineapple
1 tablespoon sugar
¼ teaspoon vanilla or coconut extract
5 ice cubes

PREPARATION

1. Place all ingredients in a blender container.
2. Blend until smooth. Serve.



Healthy Recipes

Makes 6 servings
½ cup per serving

Coleslaw Deluxe

Nutrition Information Per Serving

Calories: 130
Carbohydrate: 23 g
Protein: 1 g
Total Fat: 4.5 g
Cholesterol: 5 mg
Sodium: 135 mg
Dietary Fiber: 3 g

INGREDIENTS

6 cups shredded cabbage
2 cups shredded carrots
1 cup drained, crushed juice packed pineapple
⅓ cup light mayonnaise
3 teaspoons honey
1 tablespoon cider vinegar

PREPARATION

1. Combine all ingredients in a medium bowl and toss well to blend.
2. Chill briefly. Serve.



Healthy Recipes

Makes 6 servings
1 ½ cups per serving

Peach Parfait



Nutrition Information Per Serving

Calories: 254
Carbohydrate: 53 g
Protein: 7 g
Total Fat: 4 g
Saturated Fat: 2 g
Cholesterol: 2 mg
Sodium: 111 mg
Dietary Fiber: 5 g

INGREDIENTS

- 2 (8-ounce) containers nonfat peach yogurt
- 1 cup nonfat or lowfat whipped topping
- 1 ½ cups unsweetened granola cereal
- 2 (15-ounce) cans sliced unsweetened peaches, drained

PREPARATION

1. Mix yogurt and whipped topping together in a bowl.
2. Starting with the granola, spread alternating layers of granola, the yogurt mixture, and peaches in a casserole dish.
3. Top the dish with peach slices and refrigerate for about 20 to 30 minutes before serving.

Healthy Recipes

Makes 4 servings
1 cup vegetables
and ½ cup salsa
per serving

Vegetable Medley with Salsa Dip



Nutrition Information Per Serving

Calories: 109
Carbohydrate: 22 g
Protein: 6 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 2 mg
Sodium: 247 mg
Dietary Fiber: 7 g

INGREDIENTS

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed
- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Fresh Salsa

PREPARATION

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and salsa. Serve.